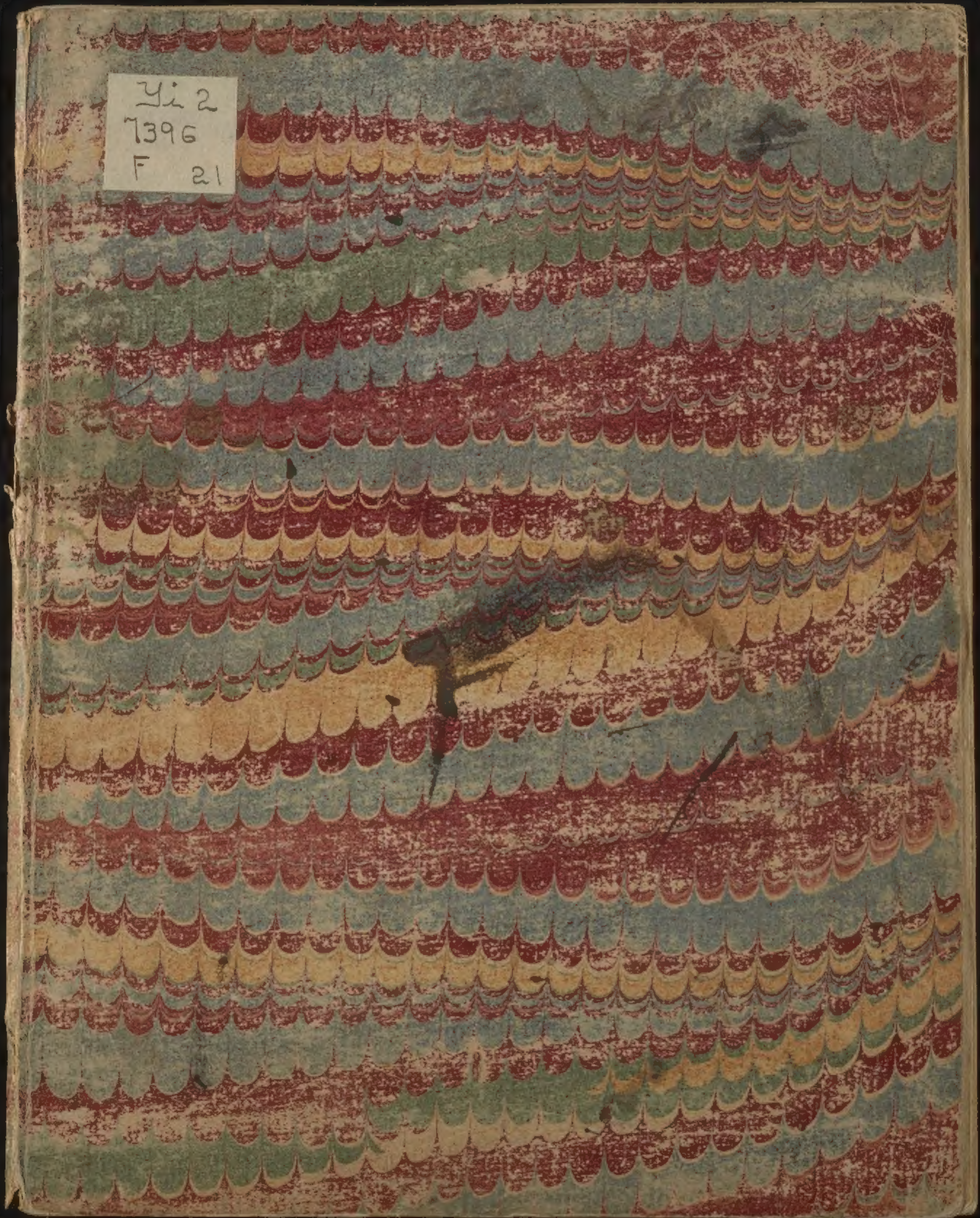
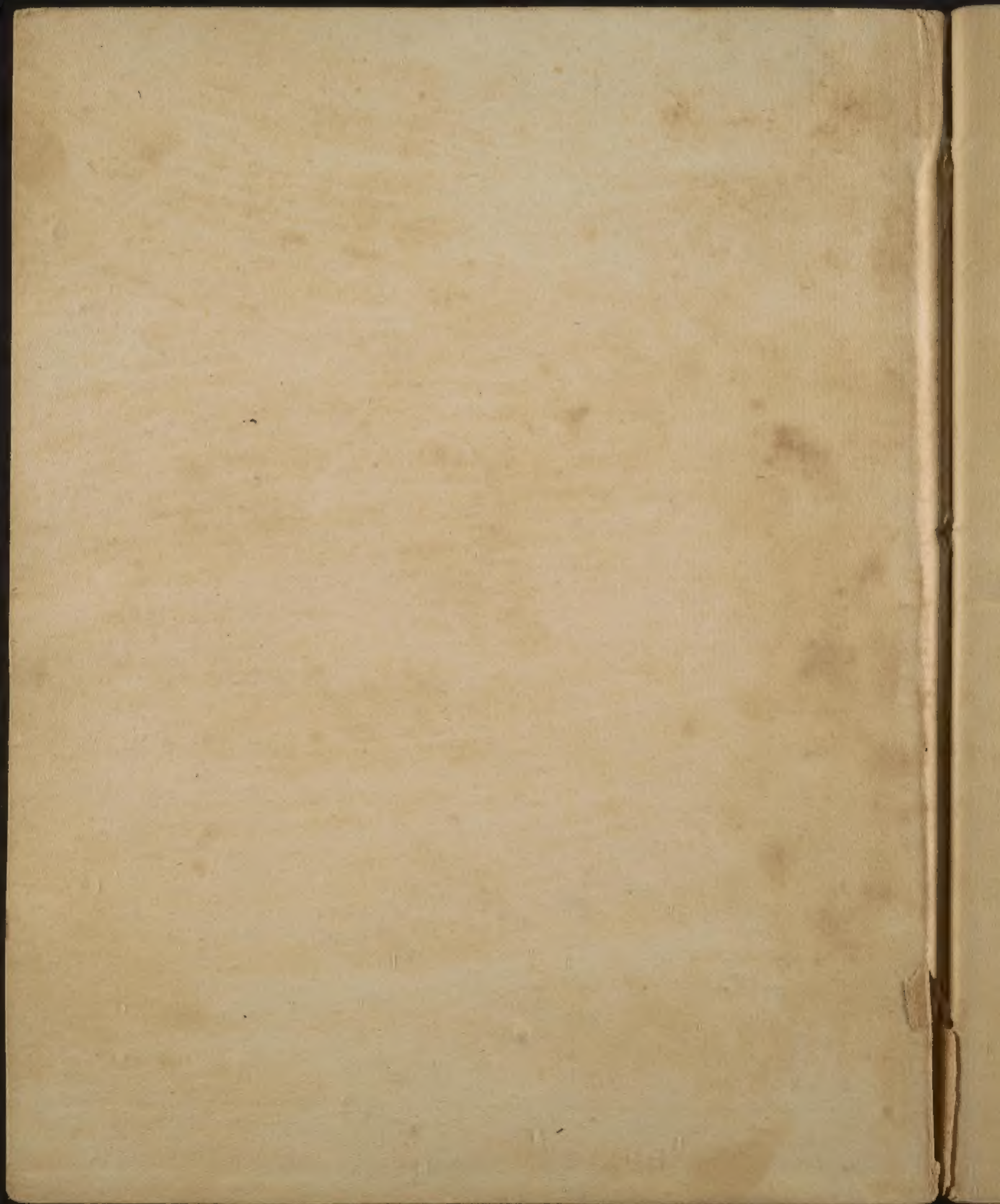


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Aliment — modes of
preparing it &c from 181 — to 196

Effects of Condiments 196

— Coffee — 204

— Drinks — 208

U Aliment ^{produces} ~~produces~~ disease from the manner in which it is prepared.

V Fish when kept for a few days, are apt to disorder the stomach and bowels - and to

produce an eruption on the skin. Of this I have seen many instances. ^{Oysters when overdone have produced colic - & that was}

^{Quality of} or some other defect in several instances within my ^{known} ~~known~~ ^{experience}. ~~Fore at~~ Sea - Cabin passengers dined on Dolphin - & suffered no inconvenience from it.

- the remains given to Sailors next day - were all affected with acute inflam: eruption in consequence - ~~They all broke out &c.~~ Lobsters & crabs of eating it.

produce the same effects when kept too long. Oysters tho' so easy of digestion when raw, or little roasted - produce Cholera -

- colic - ~~anti~~ syncope - & a tendency to Asphyxia when ^{roasted} ~~hard~~ and dry. [Forro's case - no pulse for 36 hours - cold for 3 days.

with Vomiting]. Eggs when soft boiled are easy of digestion, but very difficult when hard. Dr Haller tells us a story of a man

2 Swallowing food without sufficient mastication. This is called Botting. I have known it lay the foundation for Dyspepsia, and other distressing diseases. — Persons are led to it from drinking health ^{from} conversation — from absence of mind ^{from} being obliged to eat in a hurry. The famous poet Ariosto ^{was} of Dyspepsia from this cause induced by absence of mind, ^{for he was} in the 59th year of his age. W & The preparation of food. It is more

or less wholesome according as it ^{has} been kept a longer or shorter time. ~~It takes more or less of the fire~~ Fresh eaten too soon after it is killed is hard of digestion. Flesh kept till it is tainted is apt to produce Dysentery and putrid fevers. Raw or half roasted flesh — also raw & half prepared vegetables of which ^{both} require the fire, are unwholesome.

who died after eating a large meal of
them ^{stop} [The white - is converted into a stony
matter by lying a few weeks in a dry closet]
Vegetables in like manner when tending
to putridity are unhealthy. Epidemics
I have said
are ascribed by Huxham to bad grain.
In keeping an acc^t of Epidemics always
mark the quality, and quantity of the
grain -
fruits &c produced each year. They have
a great influence on Diseases. ~~rotted Potatoes produced many cases of~~
^{rotted} Bread & half
^{Tentative} prepared or baked produces colic, and in
one case asphyxia for 3 days. Geo. Fox's
case. Rotted Cheese produced the apoplexy
in Cha. Meredith. —

182

~~Too much fast~~

3 Food sometimes produces Diseases
tho' wholesome
from being taken at too long inter-
vals. The system is vibrates into too
distant extremes of Action & Inactivity
in consequence of the Alternates

fasts and depletion of the stomach.
members of Congress not accustomed to fasting from
& till 3 or 4 o'clock are often disordered by it.

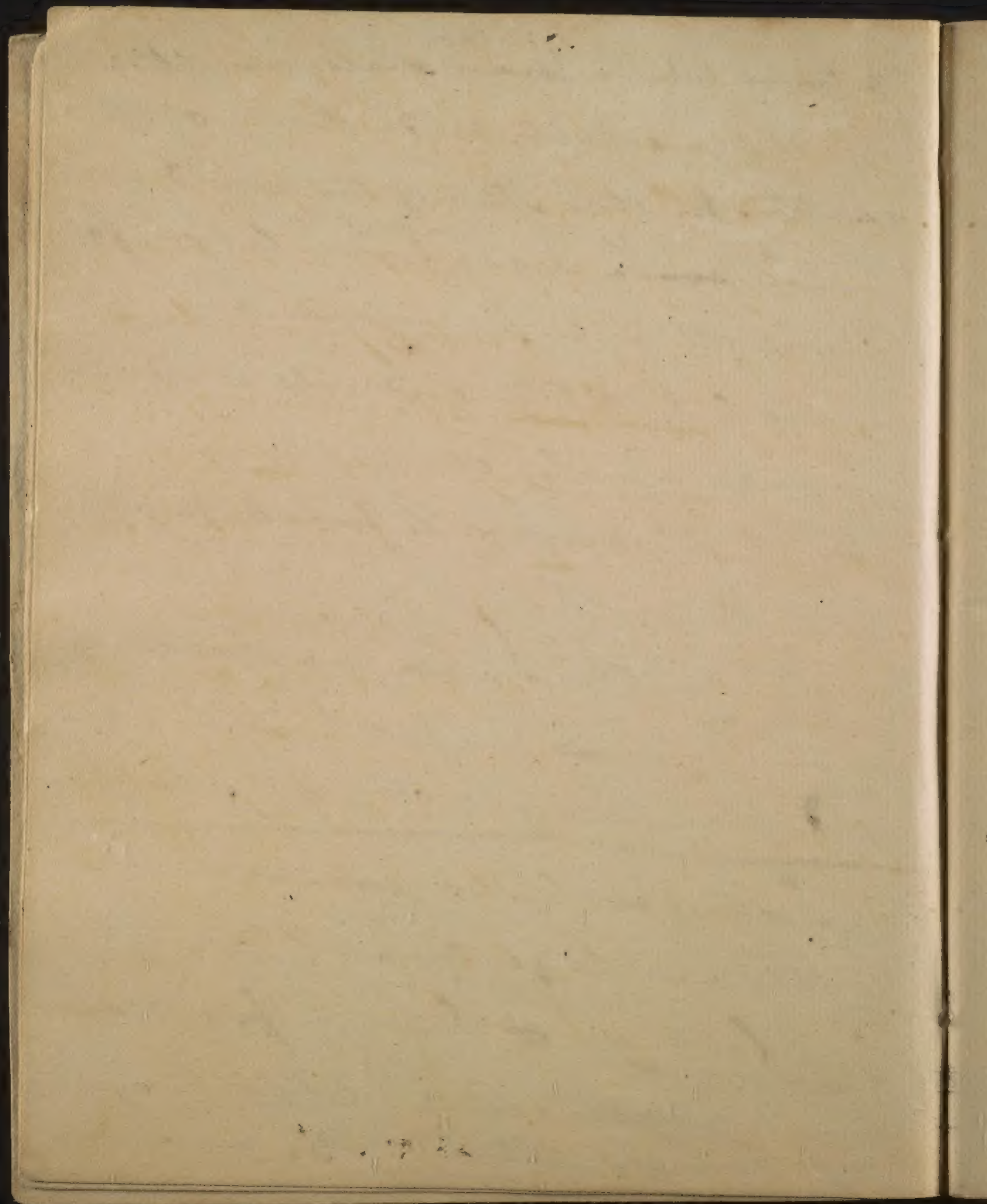
4 The influence of food when offensive
from its quantity or quality is greatly
varied by different degrees of exercise.
An excessive quantity of ~~animal~~ food, or
food wholly animal, may be unde-
r inoffensive by constant labor,
and a diet consisting wholly of
vegetables may be rendered less
unhealthy by a life of inactivity.

Some Divines & Philosophers look for

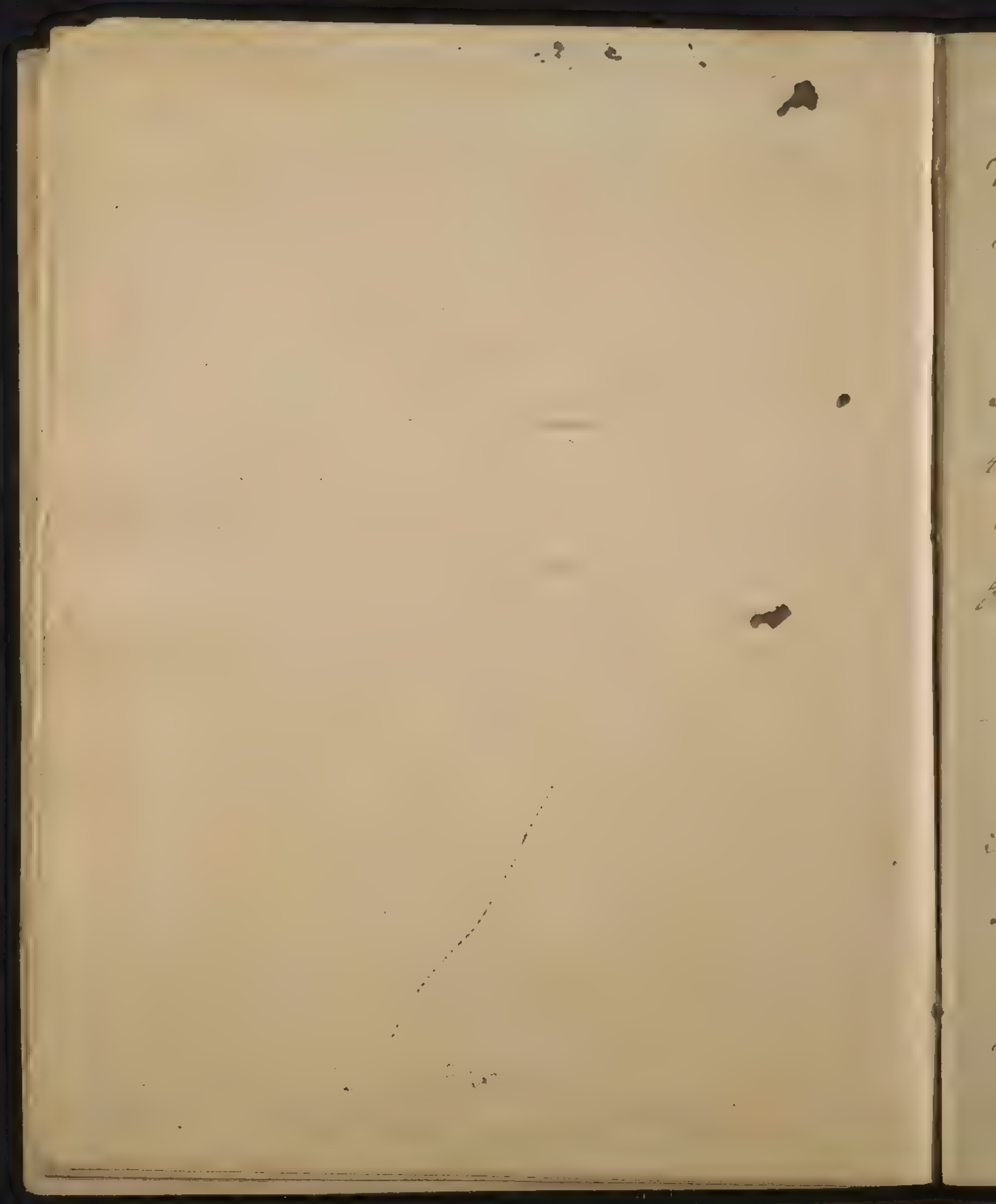
26.
V more especially as these vegetables
will probably approach by new
modes of culture in strength &
nourishment to animal food.

a time when man shall live altogether
 on the vegetable productions of the
 earth. In this state of the world, man
 they say will ^{in a great degree} ~~cease~~ cease from labor, for
 the earth will be restored to its pri-
 -mural fertility, and will produce
 spontaneously all that is required
 for the support of its inhabitants.
 If the latter change should happen
 to our earth, I ^{it is probable} ~~have no doubt~~ of
 man ^{may} enjoying perfect health upon
 a diet consisting wholly of Vegetables,

4 Food of all kinds produces diseases
 if taken in large quantities after
long fasting. It ~~increases~~ ^{increases} the
 -accumulates the excitability of the system
 by inducing ~~digest~~ debility, and renders



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it liable to be acted on by stimuli
of all kinds, but by none so much
as food. A large meal after long
fasting has often produced sudden
death from its excess of stimulus.
Many ~~died~~ after having pined
for several days with the apostle's
hunger, died ~~of~~ immediately after
having eaten a loaf of bread which
he bought with part of a quinea
which was given to him in charity.
Valentinianians & Cornutes
often suffer from this cause. especially
when they travel for health. In the
intervals of long stages, they become
very hungry, and generally overeat
themselves afterwards. To avoid this



we should ^{be} always
evil, ~~never~~ ^{fit} in ~~all~~ chronic
diseases to advise my patients to
make five or six, instead of three
or four meals in a day.

5 The sudden transition from animal
to vegetable diet, or from vegetable to
animal, ^{food} often produces ^{& sometimes} great debility, ^{in violent diseases.} The
good effects of a vegetable diet, ^{in preparing the body for the small} in ^{increasing}
the system, and thereby lessening the dispo-
sition of the ^{heart &} arteries to be excited into a
violent fever. But to produce these effects
it is necessary that the change should be
sudden. I am so satisfied of the truth
of this remark, that I never permit
my patients to change their diet till the
day of their inoculation. ^{of diet} And one effect
from this change is universal ~~that~~

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✓ Mr Bruce fainted from the smell of animal
food after living two months on a scanty
veg: diet in the deserts of nubia, and I
have known several members of
a family who after being dieted 8 days
for the small pox, fainted at the
smell of animal food. Mr Westich's

family. Mr Bligh was intoxicated
After his sufferings at sea ^{from famine} by eating an
oyster, & Dr Meivul mentions the case
of a young physician who after 3 days fasting
was intoxicated from taking a little brandy.

186

in this city

when men are sent to jail, ~~where~~ and
 that is costiveness. Perhaps the Distress of
 mind produced by confinement may help
 to bring on this costiveness. A change
 from vegetable to animal diet is produ-
 ctive of still worse diseases. In the jour-
 nal of medicine for August 1760 there
 is an account of a man who after
 living 30 days on vegetable food was
 thrown into a phrenzy & convulsions
 by eating animal food. The most dan-
 gerous relapses in fevers are often indu-
 ced by eating a small quantity of meat
 by convalescents after living two or three
 weeks on the vegetable foods which
 constitute the usual food of sick
 people. [It ^{was} to prevent diseases of
 the
]

The changes in all other cases except
in preparing the body for the small pox sh.
be gradual.

V I beg your attention to these facts.
They have been applied very improperly
to diet in the treatment of Chronic
Diseases. After the prohibition of Animal
food for weeks, or months ~~the~~ a very
small quantity of it induces distressing
convulsions in the stomach & often
in the whole system. The convulsions
are ~~of course~~ induced by relative circumstances
only - that is by the novelty of the Animal
food, and a change in the gastric juice &
exit of the stomach which ^{indisposed} ~~is~~
it to receive its former natural and
agreeable. The same, or a greater

every kind from this cause, that I
~~commonly~~ ^{commonly} advised my patients after they
 recovered from the small pox to return
 gradually to the use of animal food. I

✓ 6 Diseases are often induced by an
 improper mixture of Aliments. There
 appears to be a natural & habits & yet
 an artificial Affinity of Aliments to
 each other. ~~but~~ For an Account of
 my Opinions on this Subject I refer
 you to ^{an essay in} my Volume of inquiries and
 Observations. — It is a fruitful source
 of diseases. — Men in good health feel
 less inconvenience from an improper
 mixture of Aliment in the stomach,
 but convalescents & weakly people
 suffer greatly from it. ^{the st?} I therefore

Quantity of animal food would have
been inoffensive had it not been abstracted
previously from the stomach. Mistaken
by not attending to this circumstance,
the same physician who forbids a spoonful
of broth, or an ounce of the breast of a chicken
will indulge his patients in pounds of honey
or ~~gall~~ quarts of vegetable slices of all kinds. +

✓ Liquid aliment sometimes disorders
the stomach. It is unassimilable to animal
but in its natural state and food in
a liquid state except man ~~in infancy~~ ^{infants} and he
learns to do so in civilized life. The
milk he takes in infancy & afterwards is
(the liquid) when swallowed, is soon ^{rendered} ~~liquid~~
solid by being coagulated in the stomach. —

+ There are ^{diseases} ~~cases~~ however which forbid
animal food altogether — ~~not from its nature~~
~~but~~ These shall be mentioned hereafter.

A sudden change from heat to cold,
darkness to light & vice versa produces morbid
effects. Why not animal & veg. food?

make it a constant practice in chronic diseases to advise ^{our} ~~many~~ patients to dine only on one dish.

Lect: 6th

7 Aliment induces diseases by being too hot, or too cold. Many Inflammations of the Stomach & other diseases have been brought on by too swallowing too hot food - and some by taking it too cold. Major Reed ^{late} died a member of Congress for Pennsylvania: died of a Schirrus in the stomach brought on by taking an ice cream a year before in the city of New York. No animal but man takes his food warm. ^{in food} ~~the~~ Novelty often disorders the stomach & this is the whole system. ~~all~~ many new dishes disagree with the stomach, but it is remarkable that certain



vegetables & summer fruits frequently have the same effect every year the first time they are eaten. These vegetables & fruits are Radishes - Cucumbers - and melons. — It would seem as if the Stomach forgot its old acquaintances every year, but recognized them after one or two meals. but

& There are Diseases from a temper of a very contrary nature in the Stomach. After being disgusted by satiety with Aliment of any kind, the Stomach frequently retains a vindictive remembrance of it for many years.

If by chance or necessity any portion of the Aliment ~~which~~ ^{which} has excited a former spirit should



be taken into the stomach, it frequently
 produces Vomiting - Colic & even
 Syncope. - There was a time some
 when it would have been possible
 to have induced not only Syncope
~~but~~ but probably Death upon me
 by consuming a ~~quantity~~^{half} of a boiled
 Chestnut into my stomach. When
 a Child I was made sick by eating
 too great a quantity of them.

I Abiment sometimes produced dis-
 =eases by lying for days & perhaps
 weeks in an undigested state in the
 Stomach. I once attended a young
 Lady for three days in an obstinate
 Vomiting & fever. on the 3rd day
 I gave her an emetic, which

V Dr Haller has given a list of nearly a dozen articles of diet which have lain from a week to 7 months in the stomach in an undigested state producing more or less indisposition during that time.

IV Dr Haller quotes a case of a piece of fat pork being thrown up, ^{undigested} from the stomach two months after it was swallowed. [I have ^{seen} a stone that was generated in the stomach and which has remained there during all the sickness or Vomiting of pregnancy.]

- These instances are discharged with difficulty,

& seldom without ^{giving} a vomit. Dr Haller Elem:

Phy: Vol: 6. p 279 ~~says~~ quotes the following facts on this subject. ^{Fish half decayed - 2 months} membranes & guts of animals - a great while

skins ~~have~~ laid six months - fat 40 days - also 4 months - The skin of lamb two years -

^{Shelf} fish 14 days - common fish 17 days. the Roe

of DO. 4 months - Cheese two years - ~~poisons~~

^{& certain berries} nuts - peas - time not ment: Grapes seven

months - a Cherry two years - - Dunningall which time they were retained in stomach

discharged about half an Ounce of
~~unchanged~~ Chesapeake from ~~the~~ her stomach,
 which she had eaten three days
~~This Chesapeake had laid there~~

before. All her complaints im-
 -mediately left her. From this fact
 you will see the necessity of going back
 beyond the day before a patient is
 indisposed in inquiring into the quality
 of the food ^{he has} ~~they have~~ taken, - and in
 no acute disease should this inquiry
 ever be neglected, especially if it be
 seated in the stomach ^{or} and bowels. ✓

10. ^{ly} Aliment Often produces diseases
 from being cooked in unwholesome
 vessels. A German physician
 has explored all these diseases in
 a ~~volume~~ tract entitled "De morte in
 olla" - Lead and Copper vessels

✓ Where a whole family is disordered
^{suddenly &}
at one time, with stomach or
bowel complaints, I always sus-
pect ^{they} arises from some unwhol-
some quality in the food they have
taken - and this most frequently ^{derived}
from the Vepels in ^{ch} it is cooked.

11 Aliment is often rendered unhealthy
from being cooked or served in Vepels
that have not been perfectly clean.

12 It is rendered unhealthy from
the excretions of certain animals
being mixed with it. I once saw
a whole family disordered from

are the most unfriendly to human
 life. [I had once nearly perished
 from eating a salad cutlet fried
 in a Copper pan]. The custom of
 throwing pennies into a pot in which
 pease and ^{some} other vegetables are
 boiled to in order to preserve their
 green color has been the cause
 of many ~~thousands~~ ^{hundreds} of Colics - and other
 diseases of the alimentary canal. It
 is remarkable that the first ^{growth} ~~season~~
 of vegetables prepared or rather
 poisoned in this way generally take
 away the stomach. Since the introduction
 of Iron & other Metals into
 culinary use stomach complaints
 have been less frequent everywhere.

breakfasting on milk in which it
was suspected a Spider had fallen
in the milk house. ^{I have heard of calves} ~~at least~~ once
killed from this cause. —

13 Diseases are sometimes induced
by feeding on animal food ^{secured} ~~which~~
unwholesome by the aliment on ^{ch} ~~wh~~
the animal has fed previously to
its being killed. The Deer after feeding
on the laurel bush affords flesh
which is poisonous to Dogs, and
often injurious to man. Pheasants
have ~~been said to have the~~ had the same
^{Gen. Bryan - was grounded by} ~~lost~~ 3 instances occurred
effect in this city. ^{once} ~~once~~ recollect at
^{in this city.}
The Jersey College where a boy that 60
of the Students were affected with Dy-
-arrhea in one night from dining
on pot pie made of pigeons that
had fed upon pokeberries. —

14 Animal food is more or less whole-
 some according as it taken in a fresh
 or salted state. The greater frequency of
^{ganguerous}
~~putrid~~ or typhous fevers in cities than
 in country places is I believe in part
 owing to the greater quantity of ~~fresh~~
 fresh meat there in the country.
 Children in the country escape the
 Cholera Infarction chiefly from living
 so much on salted meat. The Dys-
 sentery which prevailed in the American
 army in the summer of 1777 was
 produced chiefly by the fresh meat
~~to which~~ for it was a new species of
 aliment to troops raised in the coun-
 try. This ^{disappeared} ~~disease~~ and many others
 were cured as soon as salted meat
 became part of a soldier's ration.

✓ In the shipa Salvador del mundo (a man
of war taken by Lord St Vincent in the
war th the Directory of France) there
were ^{but} eight barrels of ^{for her} beef. The crew lived
only on Beans, Olive oil & a little salt
fish.

~~I have heard & read much of the~~
~~diseases from too much salt being~~
~~taken into with our aliment, but~~
~~I have not observed any of them where~~
 Salted meat is taken in moderation
 & mixed with veg. food,
 it is not unhealthy. The Count Cas-
 tiglione assured me that he had not
 heard of a single disease in Virginia
 or north Carolina where the planters
 eat salt meat three times a day from
 that aliment. It were to be wished if
 our farmers would eat their fresh
 meat in winter & their salted meat
 in summer only, for it is more
 calculated to obviate the diseases of
 summer than winter, & it is cer-
 -tainly much more pleasant in
 hot than in cold weather.



where salted meat is used without vegetables, or with vegetable aliment of a dry & unfermented nature as at sea, it produces the Scurvy. It

produces it under similar circumstances on the land especially on the sea shore: —

15. There is an Idiosyncrasy in some people which renders the certain wholesome ^{aliments} disagreeable to them. Many people cannot taste fish — and yet people can eat with equal pleasure every kind of food. Now — when any of those aliments which are disagreeable are taken from necessity, or compulsion, they often produce diseases. This idiosyncrasy with

✓ Recalled here the effects of Rhin

certain 190
respect to Aliments is often hereditary
in families. I know a lady whose
derives from her ~~her~~ father such an
antipathy to meat sauce and honey
that the smell of the former makes
her faint, and the smallest quan-
tity of the latter operates like physic
upon her Stomach. ~~¶~~

Having enumerated the circumstances
which influence the unhealthy quality
of Aliment I proceed next to mention
the diseases which are induced by ~~the~~

Condiments. These are

Salt - Vinegar - Sugar - Mustard - Su-
-gar - and certain Spices.
A other Saccharine matters

~~That~~ The use and desire of ~~salt~~ common
Salt in Aliment is very nearly
universal. Some Nations use so

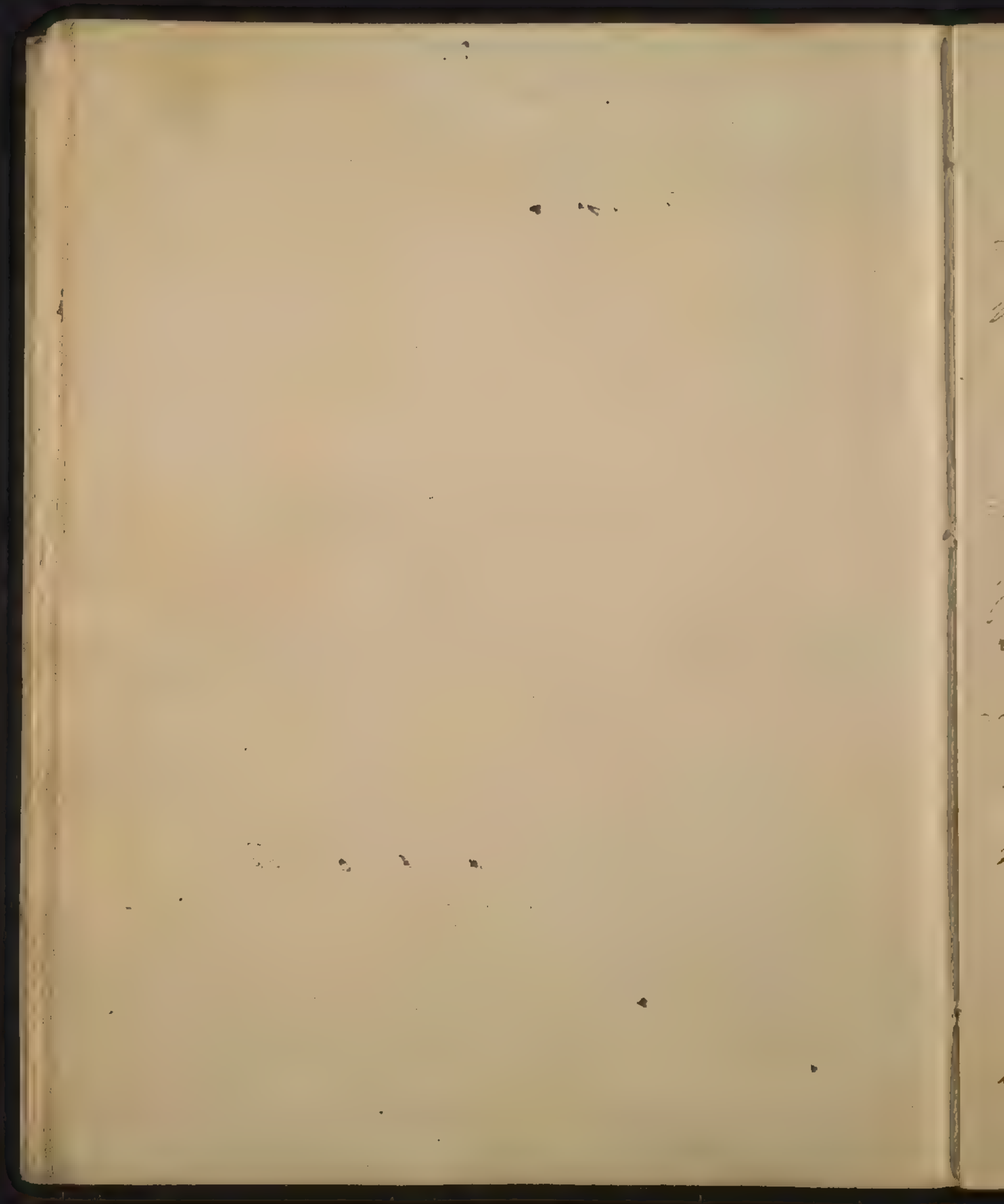
as the Brasilians - Caribbes -
& the Numidian Africans - &
some Indian nations in America.

fond of it that they substitute the
 Vegetable Alkali obtained from ^{there}
 rocks in the room of it. But they
 are whole Nations who are strangers
 to the use of it, ^{During the War before} ~~as was certain of the~~
 last a tribe of Indians attended a treaty
 at Boston who had never tasted salt,
 and who in consequence of taking
 a small quantity of it with their
 food were affected with a vomiting
 & purging. There is the same variety
 in the taste for salt among Cattle,
^{of the same species}
 while some decline without it - Others
 will not taste it. That salt is least
 apt to produce diseases which is least
 apt to dilagnose in the air and ^{ch} is
 is prepared by the heat of the sun in

✓ That Vinegar destroys the irritab^l
of the stomach & bowels has lately been
proved by Dr Pilger ^{during the last war} who gave a number of
horses ~~in~~ ^{during the last war} Bavaria that were ordered
to be killed ~~very~~ in order to save forage,
a quantity of Vinegar ~~was~~ for some
time before the orders were executed. Upon
applying irritants to their stomachs &
bowels while they are dying, no motion
was excited in them.

198 The principal
a middle latitude. - It is so far
disease produced by salt is the ~~same~~
of which I ~~have spoken~~ ^{shall that hereafter.} It is seldom
taken by itself in such quantities
as to do any harm.

Vinegar used in moderate quantities
is an agreeable & wholesome condi-
ment, but taken in too large quan-
tities it produces Dyspepsia - Gastro-
colic ^{in certain predisposed habits the}
-dynia - pains - and Gout. There
was a time ^{they say} ~~about 1800~~ ^{ago} when Vin-
egar was celebrated in newspapers &
Almanacs as a Specific for reducing
fat. Many hundred people tried it,
but few with effect. In all, it pro-
duced more or less of the diseases above
mentioned. -



Mustard by its excite of stimulus
 disposes to Gastrodynia - and to in-
 flamm^{ed} ~~disorder~~ ^{Diseases}. I have formerly
 hinted at the advantage the physician
 derives from ^{not} ~~causing~~ ^{causing} with his patients.
 I once detected the cause of an ob-
 stinate spasmodic affection of the
 Stomach, ^{in a lady} and of the
 inflamed Rheumatism in a gentle-
 man by ^{blowing with} ~~drawing them~~ the enormous
 quantity of Mustard they took with
 their Aliment. I dissuaded them from
 the use of it & ^{thereby cured} ~~they cured~~ ~~they cured~~
 them both. For they have both
 enjoyed good health ever since
 they have used mustard in their

62 .

...

...

gr
h
r

diet like other people I must here
 remark that there is nothing patients
 deceive themselves more in than y:
 quantity or quality of y:^r food. From
 Fed: 11: 23rd

Quantity or quality of y^r food. From
 D^r Timmesman's Acc^t of the King of
 it appears that
 Sarpia he was ~~the~~ ^a monstrous
 Glutton even in his last illness, &
 yet he never could be made to be-
 lieve that he eat more than was
 necessary to keep soul & body together.
 - He was so fond of condiments that
 his Kitchen Baron Struber ^{used to} say
 his Kitchen resembled an Apothecary's Shop.

Sugar - the most nutritious & delightful of all Aliments when taken in too large quantities of - too produces Diseases. Many people

V and I am now attending a young
lady in whom the same disease has
been induced by eating ^{and} ~~of~~ honey every
day. Miss Lawrence of New York Dec 30. 1811.

from having been infected th it,
 are unable ever afterwards to bear
 the least particle of sweetening in
 their aliment & Drinhs. I once
 knew an obstinate Dyspepsia in
 a grocer got on by nothing else
 but tasting perhaps 40 or 50 samples
 of sugar ~~and~~ molasses in a day.
 Hoffman mentions a case of
 Dyspepsia from eating too much
 sugar. The celebrated Mr. Baxter
 has left a testimony in his books against
 his mother who ruined his constitution
 he says
 by indulging him when a child in
 a diet of sweet meats. Brown sugar
 is of a gently purgative quality.



Honey & melapso possess the same
 Qualities as Sugar. They both
 purge gently, and when taken
 in too large Quantities produce Ob-
 stinate Surfeits, ~~or~~ and Dyspepsia.

The Spices are of different kinds, &
 act differently on the system. They
 all dispose to ~~Dyspepsia~~ Dyspepsia
 when taken in too large Quantities.

There is ^{an monstrous enlargement & in-}
~~a disease~~ of the testicles men-
 tioned by some late travellers in to
 Africa which is confined to the

nobility of the country, & which is
 supposed to be br^ought on by ^{taking} eating
 too ^{much} plentiful Cayenne pepper with
 their Aliment.

8

14

... ..

in

I should now proceed to treat of the diseases induced by Drinks, but between Drinks and Aliments there are two articles of diet, which require our Attention - These are Tea & Coffee.

A revolution has happened in the ^{of the inhabitants} health and ^{of} manners of Europe since the introduction of these Articles into general use as a part of diet.

of Tea

The increase, if not the origin of hysterical diseases in human life ⁱⁿ is ascribed to the Use of tea. ~~It~~ I suspect ~~rather~~ all the diseases produced by it, depend ~~more~~ chiefly upon its being ~~without sugar, milk or bread,~~ taken too strong. & hence I think in all ^{countries} ~~and~~ poor people in Great Britain ~~males~~ are more disordered by it than

✓ It likewise predisposes the system
to all those forms of the gout w.^{ch}
appear in the stomach, bowels &
~~viscera~~ system. It is to the ~~more~~ more inter-
-perate use of tea by women, than
men, that they are much more
afflicted with gout than our
sex. It appears in them chiefly
in the ~~viscera~~ forms of w:
are called Dyspepsia, Colic, headach
& Hysteria - all of which depend
on morbid excitement. ~~It acts~~
~~most on the nerves.~~

persons in gentle life, for ^{the former} ~~they~~ ^{generally} ~~and~~ the latter without sugar, milk or bread: ^{but} ally drink it very strong & it produces wakefulness in many people, & ^{that} after great fatigue which reduces the system below the sleeping point, it produces sleep. V

Coffee

acts like tea as a gentle stimulant and Cordial, & when taken weak it is a safe ^{vehicle of diet} ~~ingestion~~, but when taken too strong it produces many nervous Diseases. I have known ^{several} ~~many~~ cases of Vertigo produced by it, & perfectly cured by leaving it off. It is very exhilarating to the Spirits. It was in consequence of observing its action in this way on some goats that had

✓ Dr Hoffman says that he has
seldom seen persons who were very
much addicted to the use of coffee,
recover from ~~an~~ ^{an} attack of an acute
Disease. go to p 208 =

^{the coffee shrub}
broued upon it that a Turkish Priest
first conceived the idea of using ^{the seeds of} it in
^{that coffee plant} diet for the same purpose. Linnaeus
says it enfeebles the universal appetite;
[^{go to drinks} ~~and~~ ⁱⁿ confirmation of it tells a
Story of a Sultan's Lady in Turkey,
who showing her husband about
to castrate a horse - bid him spare
the poor animal the pain of that
cruel operation, & to feed him upon
Coffee."] ✓

[Neither tea or Coffee contain any
nourishment. Where they add to the
growth or support of the body it is
owing to the sugar and cream, or
milk that are usually taken with
them. I said that the use of tea &



Coffee had produced a change in the
manners of the inhabitants of Europe.

They have done this by furnishing a
substitute cordial for Aromatic Spirits.

In Sweden a farmer who once called
for his Gill or pint of Whiskey at a
Tavern, now regales himself only
with Coffee. The principal entertain-
ment of the houses of ^{public resort &} amusement near

London consists of tea and coffee, and
even sailors & porters often partake

of them. The late Anthony Bueret
informed me that he had ^{been} kept from
retreating to spirits to support himself
under the fatigue of teaching school,
by the constant & plentiful use of
tea. Should they Coffee & tea upon

✓ It has been asked which of the
two tea - or Coffee is most hurtful.
- Tea is most injurious to the Nerves
and Coffee to the brain. Hence while
the former induces Hysteria most
frequently - the latter induces Vertigo
head ache, & disposes to palsy &
apoplexy.

The whole be injurious, they are
~~far more~~ ^{far more} less so, than Ardent
 Spirits. Perhaps they are intended to
 serve the purpose of a ~~middle~~ ^{ladder} ~~their~~
~~stepping~~ stone on which men may
 descend from the strong Cordial of
 Spirits to the simple Diet of Nature.

Tea has been called a slow poison.
 An old gentleman in this city who
 heard this speech said that he belie-
 ved it, for ² he had drank it ⁴ ~~every~~ ^{twice a}
 day for 50 years, and that he was
 still in good health.

Tea & Coffee are the most agreeable
 remedies for fatigue of mind or body.
 I know a Country Physician who
 makes it a constant practice to

5. 2. 11

Drunk a bowl of one of them every time he is set out upon a long or cold ride to visit a patient. He ^{Derives} enjoys good health and spirits from this practice, and has been kept by it from leaving & even tasting spirituous liquors.

of Drinks

Liquid however well, and however long many animals sustain life without drinking; this is not the case with Man. He stands in the same need of Drink that he does of Aliment. There are numerous, and different in different countries. The chief of them are Water - Wine - Beer - Cyder - & ardent Spirits. I shall begin with Water.



Water //

Prime truths of mankind, according to
 Dr Haller use no other drink ^{but water} with their
 Aliment. It is the ^{pure} essence of the

and when drunk pure, ~~and~~ ^{and} ~~under~~
 in a proper manner is the ^{best} ~~most~~
~~all the circumstances~~ ^{which form its}

wholesome drink in the world. Dr Haller

ascribes his ~~reading~~ ^{seeing} without Spectacles

at 60 ^{years of age} wholly to his having drunk no-

thing but water ^{from the 18th year} ~~during his life~~

of his ~~life~~ ^{age} ~~He~~ ^{He} ~~grants~~ ^{the} ~~Dr~~

~~books~~ The promises of water are to be
 not only in the writings, ~~not only~~ ^{not only} of physicians
 but with in ~~all the~~ ^{but of} poets & philosophers.

Who would believe notwithstanding that

~~water~~ Diseases and death insinuate them-

selves into the human body thro' the

medium of ~~water~~ this simple, and

wholesome liquor? — Water produces

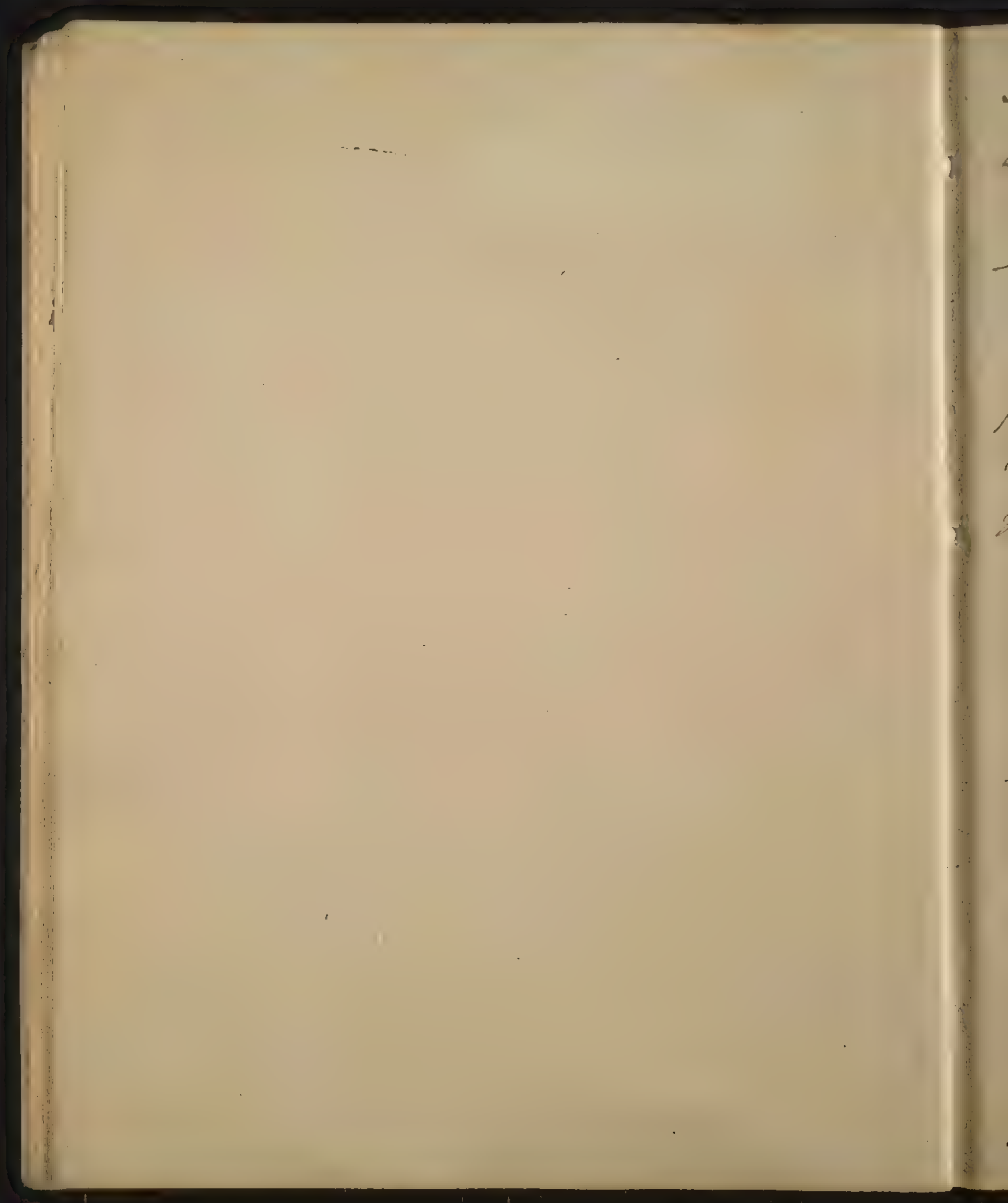
✓ The inhabitants of St Kitts alone
of all the West India Islands have had teeth,
owing to their exclusive use of Cold water
as drink. ^{The late} Dr Spence informed me that
he drew three teeth ^{in summer} to one
in winter - probably owing to the more
copious use of cold water in the former
than the latter season producing more
tooth ache.

It is said

discusses 1 By its visible Qualities 2^{ly}
 by its being mixed with certain im-
 -pure and unwholesome Substances, and
 3^{ly} by being taken in too large a Quantity.

1 Water produces disease by its visible
 Qualities - 1 by Cold - Its first operation
 when very cold is on the teeth in which
 it produces pain, and disposes them
 afterwards to inflammⁿ & Corruption. This
 effect of cold water is very perceptible
 to the Gentlemen ^{in this city} ~~who arrive here~~ and
 States & the West Indies who drink it im-
 -mediately after their arrival among us.
 A draught of cold water often produces a
 chilly fit, and sometimes induces

The effects of cold water upon the body
 are much influenced by the temperature
 of the ^{body} ~~air~~ when it is taken into the



Stomach. When the heat of the body is
~~above 98 or 99~~ raised above its natural
 standard either by exercise, or the
 temperature of the external air, and
 a large draught of ^{cold} water is taken, it produces
 pneumonia - consumption - hepatitis -
 malignant fevers - and a gangrene of the
 mesentery, ^{cases of} all of which are upon record
 in books of medicine. The more common
 effects of it in this city are a sudden &
 violent spasm in the stomach produ-
 -cing syncope & death. I have known
 twenty persons perish from drinking
 cold water under the above circumstances
 in one summer in this city. The cold
 water acts here by suddenly abstracting
 the excitement of the ^{system &} ~~stomach~~
 more especially the stomach, ~~and~~ ^{by}

✓ It is remarkable that the
body does not suffer in the least
from cold drinks, if ^{it} the body be
previously
heated in a hot Bath. + see Dr. Bayne
on cold Baths p: 329.

[I will don't say - tho' I am sure] The Varieties in the
effects of heat from its forms & mixtures upon the
body will be pointed out hereafter.

+ an important fact this - as it shows
~~there can be no substance well as~~
and capable of great application to the
practice of medicine. ~~That is~~

its sedative and debilitating effects.
 Its operation ~~may be~~ ^{depends upon} the same
 principle as the operation of cold air
 suddenly succeeding the action of hot air
 on the body. —

Dr Haller informs ^{us} that in travelling
 over the Alps, he was frequently seized
 with complaints of a peculiar nature
 after drinking the very cold water here.
 met with on the mountains. He felt
 a pain in his breast resembling the
 first symptom of a pleurisy - a singular
 stupor - a dejection of mind, & a disinclination
 to all motion.

Water sometimes produces ^{some of} the same
 diseases when rendered cold by the solution
 of ice in it. General Wayne was seized
 with a Colic ^{in the} last summer 1792 which
 was followed by a bilious fever by drinking

✓ Indians avoid cold drinks - hence they prefer drinking water in its streams to drinking it at its fountain. Thirst is best allayed by water that has lost some of its coldness by standing sometime in the warm air.

✓ 2. Cold water induces disease by being drunken exclusively with meats. ~~It~~ ^{It promotes the} ~~It induces~~ ^{It promotes the} speedy dissolution of the food, and thus induces a quick return of appetite, & by its absence of stimulus renders more food necessary to ~~of~~ ^{of} impart tone & stimulus to the digestive organs. - introduce the fact of Mr. Rozas from p: 216.

a large draught of punch in which there
had been a lump of oil dissolved. ✓

^{simple} Water seldom does any harm when
hot by itself. When taken in tea, or coffee
it has often produced Dyspepsia. Dr. Haller
says he bro't on this ^{Disease} ~~disease~~ when after
dent in Leyden by nothing but drinking
too hot tea.

Water produces many diseases by being
mixed with certain ^{foreign} ~~impure~~ matters. These
are salts - earths and metals - and
certain impure matters which mix w:
it in all cities. The contents of a cessary
house it has been found ^{to} more 20 feet
this ^{clayey} ~~sandy~~ soil & much further
this sand ~~that~~ ^{is} 60 feet -
hence water becomes
impure in proportion to the number
of houses and cessaries which follow
the sinking of a well in a city - &

V An Attempt is now making to
supply the cities of New York & Philad.^a
with pure water from the same source.
Should it be successful - it will remove
one of the ^{remote} causes of our Autumnal
Epidemics.

hence ~~and~~ One reason why the inhabitants of cities are less healthy than country people. It was to prevent & remove the evils from this cause that Dr Franklin bequeathed a handsome legacy to the city of Philadelphia to be laid out in supplying the city with pure water from the River Schuylkill. - London & all the large cities in Europe are supplied with water from neighbouring springs or rivers. - It belongs to Chemistry to describe & enumerate the saline ^{earthly} - metallic & aerial matters which enter into the composition of water. I shall only remark that water which flows over beds of lime are ^{at first} generally of a purgative quality. Such waters are very common in this country. In Obstructions

V That water is said to possess the greatest
+ ~~The following are the marks of pure~~
purity, and wholesomeness of water. which
has the following properties. 1 a rapid course
over sand or gravel. 2 being frequently agi-
tated by the wind. 3. transparent, and
without taste. 4 well received by the
stomach and bowels. 5 Boiling vegetables
speedily & soft. 6 not being rendered white
or turbid by the mixture of a veg. alk.
and 7

+ that Dr Dalsille mentions an Epidemic
& fatal Dysentery ^{ch} prevailed at Port Louis
in the Isle of France that was produced
by the inhabitants drinking of a spring of
water ^{ch} flowed from a mountain that
contained in it some Copper ore. The
Governor of the Island either forbade the
use of the water, or gave it another
course, & thereby checked the disease.

The pump water of Phitad + Helincho

especially of the bowels
 chronic Diseases, it is right to suspect
 the water a patient drinks or used in
 his diet, and to advise him to change
 it. ^{by the} ~~The~~ facility with which ~~water~~ ^{it}
 forms a lather with soap, ~~is the cheapest~~ ^{I have only}
~~honest test of its purity.~~ to add ~~to~~ to this
 head +

3. ~~Water~~ ^{Water} produces diseases from too great
 a quantity of it being drunk, ^{between} in diet,
 meals,
 and from too great draughts of it being
 taken at a time. Many people have
 a custom of drinking cold water as soon
 as they rise in the morning, & at bedtime.
 - The practice originated in intemperance,
 and has been followed by ignorance or
 Sympathy, for no person in good
 health stands in need of it. It debilitates
 the stomach & disposes to Dyspepsia.
 Drinking cold water between meals

the habitual use

V Dromedary takes notice of water pro:
- during ^{a marked} ~~very~~ appetite ~~It is~~ in the West
Indies. I have known several instances
of great water drinkers being great feeders.

= contributed to increase the bilious
epidemics of our city. It is often so
impregnated with ~~foreign~~ filth and
chiefly from privies as to emit a
fetid smell after standing 8, 10 or 10
hours in warm ~~water~~ weather.

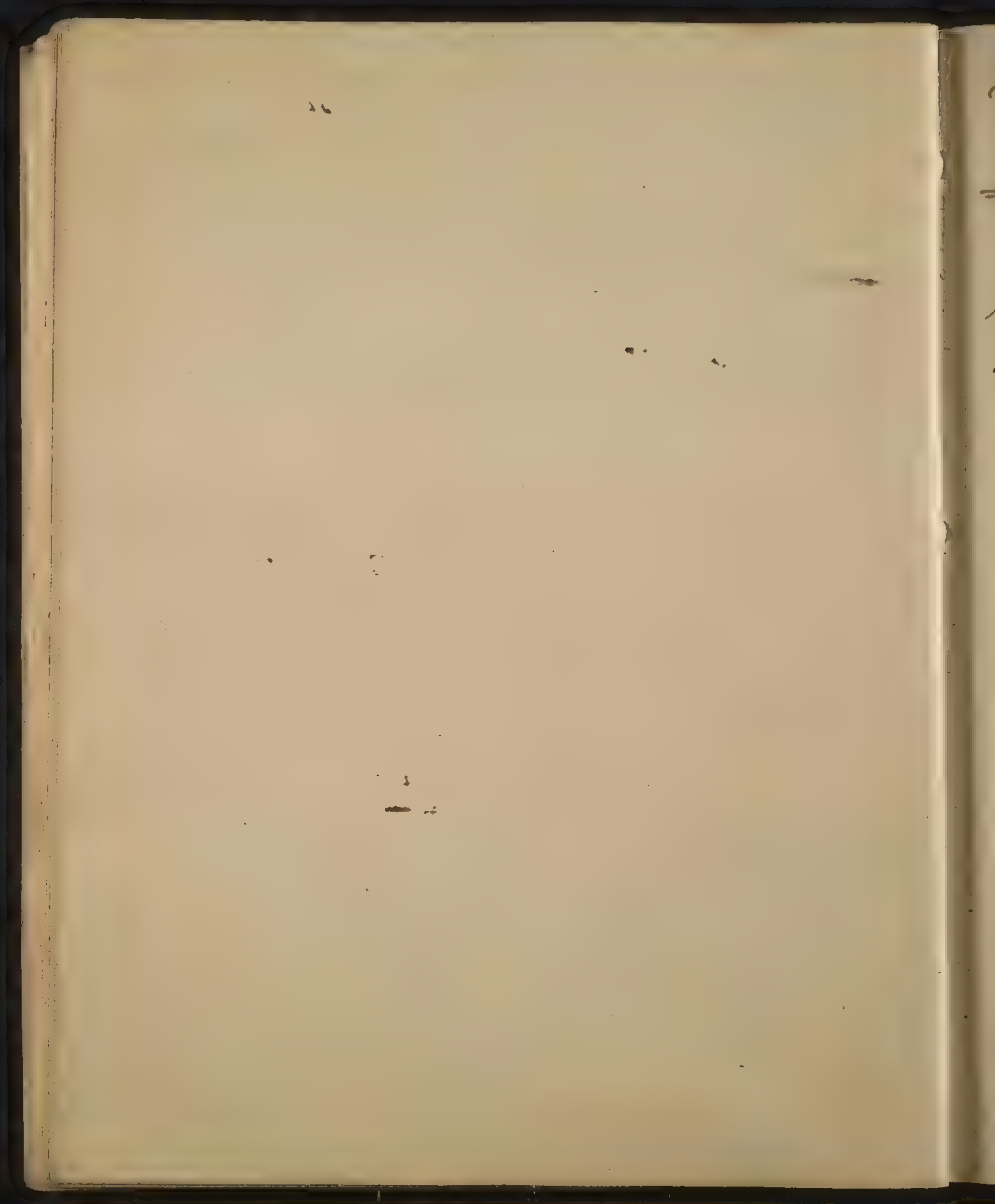
+ Mr. Rojas an ingenious Native of
Mexico informed me Jan^y 6th 1810 that he
was confined ~~by~~ the inquisition in a
monastery for one year with 94 monks.
They drank nothing but water, but they
eat ~~enormously~~ especially of meat. He
said they were "as carnivorous as Lyons!"
Part of Major ~~Edmund~~ ^{Edmund} ~~university~~.

is equally absurd & equally unnecessary, where men or women have not been deranged at their meals. It disposes to ^{Dyspepsia} gas in ~~persons predisposed to it~~, and it occasions to the persons who drink in this manner and to company a great deal of superfluous trouble.

I Once attended a Gent^l who died of a Typhoid fever ^{frequently wallowing} but on ~~big portions~~ at one Act of deglutition from a Gill to half a pint of cold water at a time.

Wine

~~The use of wine is very prevalent. I need not hardly tell you that it is composed of a saccharine substance called grape - an acid spirit - a veg. acid and water - of course it is gently nourishing, and stimulating. But~~



of a bad quality, ²¹⁷ or taken in too
~~large quantities is a fruitful source of dis-~~
~~ordered effects upon the human body.~~
- ~~xxx~~.

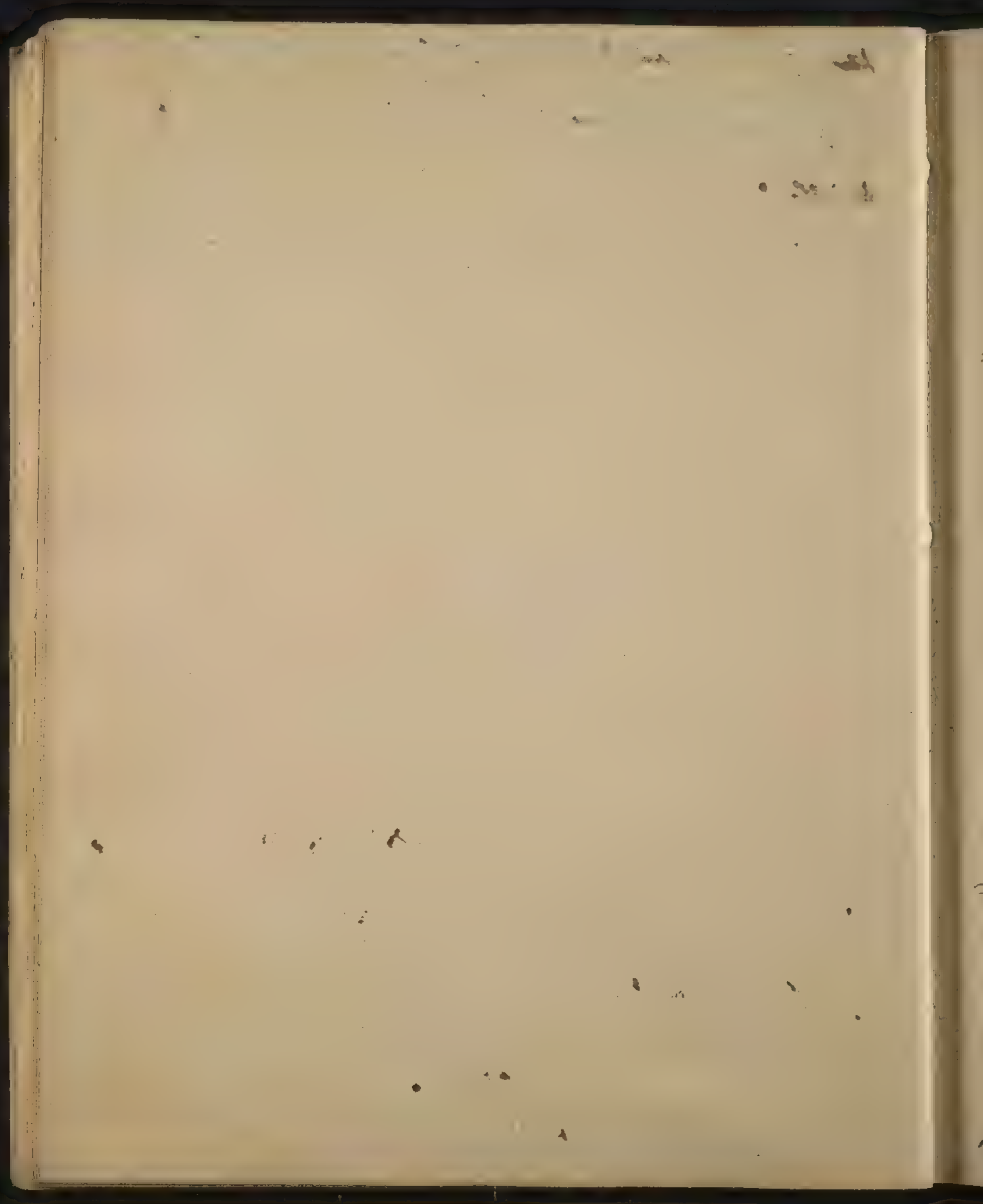
Its first operation is to increase the
pulse, & to exhilarate the spirits - After
this it produces intoxication & ^{finally} sleep.

These are the acute effects of wine if I
may be allowed the expression - its chronic
effects are to produce fat ^{by overstretching the vessels} which I shall
hereafter consider as a disease) also

the Gout, with all its numerous &
distressing symptoms. I confine the
remote cause of the ^{gout in the limbs} ~~cause~~ wholly to

the use of ~~too~~ fermented & distilled
liquors, for I believe no instance
can be produced of its being produced

by intemperance in eating. - ~~At the~~
In Turkey the ^{as a matter of} Gout is unknown,



for the religion of that country forbids
the use of wine and spirits. Wine
produces this effect according as it
~~is~~ contains more or less of
the veg: or acetic acid - hence the
best red wines as port - claret - and
generally are more apt to produce
the gout ^{than} ~~it~~ than Madeira - Lisbon - or Sherry.

Wine moreover produces the Gout
more certainly in a moist, and

colder climate than in a warm one.

The Gout is hardly known in ^{the Island of} Ma-
deira, where more of the wine of that name
is drunk than in any other part
of the world.

~~The inhabitants (100,000) every~~
year. The ^{annual} ~~total~~ this wine approaches
= 1000



to maturity / which is seven years)
 the less disposed it is to produce the gout,
~~for~~ owing to the Denimination of its
 Acid. Wine is more apt to produce
 the gout when drunk alone, than
 with food. - ~~It~~ ^{3 or 4 hours} when taken, after
^{a meal} ~~digestion has begun~~ it is very apt to
 disorder the stomach, & to interrupt
 digestion.

Beer

~~Beer contains a larger quantity of
 of malt, or unfermented saccharine
 matter than wine - some acid & some
 spirit mixed with water. The quantity
 of spirit in it is so small, that it is
 difficult for a man to intoxicate
 himself with it - for the stomach revolts
 from the quantity, before spirit can~~

v I have known three great Beer Drinkers
to die apoplectic in this city.

~~can be taken for that purpose.~~ But
 when taken in too large quantities
 it produces the Gout - ^{with all its} ~~which is most~~
 usual symptoms of Gout - Colic
~~frequently of the Stone kind~~
 Dysuria - Apoplexy & Palsy. - It has
 been supposed to produce the Gravel &
 Stone in a peculiar manner. ^{But} Dr. Haller
 says that out ^{of} 300, or 400 ^{per} ~~subscribers~~ ^{ch}
 dead bodies of persons who had drunken
 during their whole lives
 beer, he had found stones in only two
 of them. If it does produce Gravel or
 Stone it ^{must} ~~can~~ be by conveying ^{too} ~~an~~
 much Acid into the system, & later
 discoveries have taught us that an Acid
 is the Basis of the human Calculus.

Cydon

This liquor contains a small quantity

V It is said the inhabitants of the Cyder
countries in Eng^d: are many be known by
their peculiar paleues.

VI The Iron acts by mixing with, and
obtaining the Acid of the Cyder.

Beer and Cyder produce the same
disease when taken very cold at a time
the body is unusually heated, that were
formerly ascribed to cold water.

For an Acc^t of this by Acid^s
 Spirits see my pamphlet on Vine.

of Spirit & a good deal of veg: Acid - &
 must mixed with water. Labrusing
 people seldom feel any inconvenience
 from drinking it, but persons who
 lead sedentary lives, are often affected
 with the Rheumatism & Gout in
 consequence of drinking it. The first
 time fit of the Gout Dr Franklin ever
 felt was after taking a draught of Cyder.
 I have known several persons who
 cannot taste this liquor
 or a Spasm in the Stomach &
 without feeling pains in y^e joints. And I know
 two persons a brother & sister who
 are affected with these pains only
 by eating ~~Apple~~ the fruit w^{ch}
 affords this liquor. It is said Phlegm
 and hot iron in Cyder prevents
 its producing Gout or Rheumatism.

V Beer and Cyder produce the same disease
when drunk ~~too~~ cold when the body is
heated that were formerly ascribed to
cold water.

VI For a minute Account of them Gent.
I refer you to ^{abstract in the 2^d Vol. of my} ~~a pamphlet lately~~
~~ingmire in which~~
~~published by Mrs Dobson, in which~~
I have ^{not} only enumerated those evils,
but mentioned the means of preventing
and curing them. ~~It was published at the~~
~~request of several respectable citizens of Phil^a~~
- I wish ~~your gentlemen~~ my pupils to be
impressed ^{chiefly} with a sense of the destructive
effects of Ardent Spirits used as medicines.
- They ~~have lately~~ composed a part of the
Materia medica of Dr Brown. Thousands =
50 to p 226.

Said formerly: I wished my pupils to
be distinguished by their attention to
the pulse in prescribing for diseases.
- ~~with~~ with equal politeness I wish
them to be distinguished for their dislike of
Aunt-Spirits in every part of the world.

Should you ^{gent: all} ~~therefore~~ ~~mean~~
~~who calls himself~~ a physician with ~~and~~
~~rose~~ and ~~and~~ buds on his face, lifting a ^{with}
a tumbling hand a tumbler or bowl of
grog to his lips ^{in a sick room or a tavern} And should he say
he had attended these lectures, tell the
world he is ^{either} an impostor - or an Apoc-
- late. He belongs to the Old School in
medicine. I disown him as ^{Go to p 228 of 12th b.}
a pupil, or a believer in my ^{principles} system
of medicine.

